

## **Eating Well When Eating Out Presenters' Notes**

This lesson focuses on making healthy choices at coffee shops, cafes, cafeterias, grocery stores, and restaurants for employees.

When time is tight, the best of intentions to bring a healthy lunch from home can fall by the wayside. Sometimes, you may need to purchase your lunch at your workplace or from nearby food outlets. Also, depending on your job, you may be taking part in business lunches.

### **Eating Out and Canada's Food Guide: <sup>1</sup>**

- Remind participants of the general principles of healthy eating by reviewing Canada's Food Guide.
- In general, frequent eating out makes it difficult to:
  - Stay within the recommended amounts of food because portions served tend to be large
  - Get enough vegetables and fruit
  - Choose whole grain products
  - Choose lower fat milk and alternatives
  - Select lean meat and alternatives
  - Limit foods that are higher in fat, sugar, salt, and calories

**Activity 1:** Divide the participants into small groups or pairs. Ask the groups to make suggestions for handling one of the first three issues above: dealing with large portion sizes, lack of vegetables and fruit, choosing whole grain products. Each group could be a different issue. Allow the participants a few minutes to discuss and then ask for them to share responses with the group.

### **Discussion Points for Activity 1: <sup>1</sup>**

- Large portion sizes
  - Enjoy half of your meal now and take the other half home for another meal.
  - Split your meal with someone. Some restaurants may charge a small fee to split an entrée.
  - Order a small-sized portion. Some restaurants offer menu items in large and small sizes, or lunch-sized portions. If you don't see these options on the menu, ask your server.
  - Order a small appetizer and a starter salad as your meal. Hummus and pita wedges, satay skewers, vegetable soup, or fresh spring rolls (not deep fried) can be satisfying.

- Lack of vegetables and fruit
  - Ask for extra vegetables in anything you order. Restaurants will offer healthier choices when customers start asking for better options.
  - Go for broth based and vegetable packed soups, like minestrone, carrot, squash, or tomato soup.
  - Choose leafy green salads and ask for dressing on the side.
  - If you elect to go to the salad bar, make sure you make smart choices. Go easy on any of the typical additions of cheese, croutons, bacon bits and creamy dressings.
  - Look for lower fat veggie burgers or Portobello mushroom burgers and top with lots of vegetables.
  - Load up your pizza with your favourite vegetable toppings and cut back on the higher fat meat. Most places offer a wide variety of vegetable toppings.
  - If entrees come with vegetables, ask for a double portion in place of the potato. Avoid vegetable dishes with sauces.
  - For sandwiches, subs, or wraps, ask for only a half portion of the meat and double the amount of vegetables. Ask for more lettuce (the darker the greens, the better), tomatoes, peppers, mushrooms, avocado, baby spinach, shredded carrots, etc.
  - Look for leafy green salads that include fruit. Strawberry and spinach salad is wonderful. Remember to ask for the dressing on the side and use sparingly.
  - Choose fruit for dessert. If you don't see any fruit on the dessert menu, ask your server to see if it is available.
  - Try low fat vegetarian menu options.
  
- Lack of whole grain products
  - Ask for brown rice, instead of white.
  - Select whole grain pasta.
  - Choose whole grain pizza crust, tortillas, and bread.
  - Be adventurous and try a variety of whole grains that may be included in a soup, salad or entrée. For example, quinoa, barley, or bulgur.

**Activity 2:** To help spot potential pitfalls when ordering foods, here are some terms that can help select the healthier alternatives. Consider creative ways to present this information to the audience (e.g. menus downloaded from restaurant websites)

## Discussion Points for Activity 2: <sup>2</sup>

These preparation methods require little or no fat and bring out the ingredients' great flavours:

- Au jus, In its own juice (check to make sure it is not cream based)
- Au vin, In wine (check to make sure it is not cream based)
- Baked, Broiled
- Consommé
- Dry rub
- Herbed, Herb crusted
- Marinara, Red sauce
- Poached
- Grilled
- Stir-fried

These words mean higher fat choices:

- Fried, Deep-fried, Tempura
- Battered
- Creamed, Cream sauce
- Cheesy, Alfredo, Au Gratin, Au fromage
- Hollandaise, Béarnaise, Bordelaise
- Buttered, Buttery
- Scalloped
- Rosé sauce
- Crispy
- Smothered
- In gravy

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References:

<sup>1</sup> The Healthy Eating Manual, Nutrition Resource Centre, 2011.

<sup>2</sup> Making Healthier Choices at Restaurants, Know Your Terms, Posted January 31, 2013. <http://www.muhealthyu.org/index.php/making-healthier-choices-at-restaurants-know-your-terms>



## Eating Well When Eating Out

You can enjoy eating out while following Canada's Food Guide. Many cafeterias, fast food outlets, and restaurants offer healthier alternatives.

- Try these ideas for healthy eating away from home:
  - Treat your taste buds to something different. Italian, Chinese, Japanese, Thai, Caribbean, Greek, Indian, Middle Eastern, and other ethnic cuisines offer healthy choices.
  - Ask to see the nutrition information for the menu items in your cafeteria, restaurant, and fast food outlet. Use it to help you choose the healthier menu options.
  - Ask for your meal to be cooked without salt or MSG (monosodium glutamate), a seasoning that is very high in sodium.
  - Enjoy the taste of foods without adding butter, margarine, gravy, or rich sauces. Ask how your meal is prepared, and ask for the sauce to be left off or served on the side.
  - If you do eat a meal high in calories, fat, sugar, and salt (sodium), be sure to eat healthier meals the rest of the day.
- Some examples of healthier menu options:
  - Foods like steamed vegetables, vegetable soups, fresh fruit salads, berries with yogurt, and salads with dressing on the side are just a few of the healthier options.
  - Choose dark mixed green salads with vegetables or fruit instead of higher fat Caesar, taco, potato, or pasta salads.
  - Order gravy, sauces, and dressings on the side and use only small amounts.
  - Choose tomato- or vegetable-based soups and pasta sauces instead of alfredo or cheese sauces.

- Order sandwiches, subs, or wraps with whole grain bread, buns, or tortillas. Choose one spread instead of two (for example, mayonnaise or margarine, not both).
- Choose baked, broiled, or steamed foods instead of breaded or deep-fried foods.
- Limit cakes, cookies, and rich desserts. Get a smaller size or share with your family or friends.
- Choose water, skim, 1% or 2% milk, fortified soy beverage or 100% juice instead of soft drinks or highly sweetened beverages.

Keep portion size in mind. Some restaurants serve a lot more food than you need.

- These tips will help you keep your portion size reasonable.
  - Avoid super-sizing.
  - Order a small appetizer or half a meal.
  - Share your meal with someone.
  - If you are served too much food, ask for a take-out container and keep the leftovers in the fridge for the next day.
  - Have the small-sized drink and ask for a glass of water instead of ordering a large. You can add a lot of extra calories in your day just from drinks.

If you have questions about healthy food choices, speak with a Registered Dietitian at EatRight Ontario at 1-877-510-5102.

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Adapted from:

Health Canada, Eating Out Tips (2012). Retrieved from <http://healthycanadians.gc.ca/important-eng.php>

## Healthy Snacks at Work Presenter's Notes

This lesson focuses on healthy snacking ideas for employees.

Begin the session by reviewing Canada's Food Guide. Highlight the key messages from CFG.

### Reasons for a healthy snack: <sup>1</sup>

- Healthy snacking can be part of healthy eating. It is another way to help you get all the nutrients you need to stay healthy. If a 3 to 4 hour gap between meals leaves you feeling tired, snacking can help bring back your energy. It can also help curb your feeling of hunger between meals and stop you from eating too much at mealtimes. Remember, not everyone needs snacks. In fact, too much snacking could lead to unwanted weight gain.

### Keys to healthy snacking: <sup>1</sup>

- Choose the foods you snack on wisely.
- Watch the portion size of the food you eat. Snacks are meant to tide you over between meals, not to replace a meal.
- Snack when you are hungry. Learn to recognize true hunger and fullness. Skip the urge to nibble when you are bored, tired, upset, or stressed. Try something else like stepping out for a quick walk or go to a drinking fountain or kitchen to refill your reusable water bottle with water.
- Plan healthy snacks by using Canada's Food Guide. Try to include foods from at least two of the four food groups. <sup>1</sup> Remember, portion control is very important.
- Below are some examples of healthy snacks with foods from at least two of the four food groups:
  - 1 slice whole grain bread with 15 mL (1 Tbsp) peanut butter
  - Single-serve unsweetened applesauce 125 mL (1/2 cup) sprinkled with 15 mL (1 Tbsp) unsalted slivered almonds
  - Trail mix: 30 g (1 oz) whole grain cereal with 15 mL (1 Tbsp) each raisins and unsalted nuts
    - 125 mL (1/2 cup) carrot and celery sticks or cherry tomatoes with 60 mL (1/4 cup) of a low fat yogurt dip
    - 15 baby carrots with 30 mL (2 Tbsp) hummus

- 175 mL (3/4 cup) edamame (green soybeans in the pod) and 25 mL (2 Tbsp) tzatziki dip made with low fat yogurt (2% M.F. or less)
- Yogurt parfait. Make by layering 180 mL (3/4 cup) lower fat yogurt (2% M.F. or less) with 120 mL (1/2 cup) fruit and a 30 mL (2 Tbsp) of your favourite whole grain cereal.
- 1 medium sliced apple with 15 mL (1 Tbsp) almond butter
- 3 whole grain rye crackers with 50 g (1.5 oz) low fat cheese (20% M.F. or less)
- 2 celery stalks with 60 mL (1/4 cup) low fat cottage cheese (2% M.F. or less)
- 30 g high-fibre cereal and 125 mL (1/2 cup) skim milk
- 1 slice whole grain bread with 40 g (1/4 can) tuna and 5 mL (1 tsp) low fat mayonnaise
- 250 mL (1 cup) sliced sweet peppers with 60 mL (1/4 cup) guacamole dip, which is made from avocados.
- 2 whole grain melba toast with 15 mL (1 Tbsp) peanut butter
- 250 mL (1 cup) skim milk with 3 graham crackers
- 1/2 whole grain English muffin with 50 g (1.5 oz) melted low fat cheese (20% M.F. or less) and apple slices

**Activity 1:** Ask the audience to take a moment and note what they had for snacks for the past two days. Then if the choices are not healthy (e.g. do not have 2 food groups, large portion size, salty, sweet, fatty), ask them how they could make improvements. If the choices are healthy, ask if anyone wants to share why they made the healthier choice and any tips that they would offer to their co-workers.

**Activity 2:** Prepare samples of healthy snacks or bring in food packages of items that the audience may not be familiar, like whole grain rye crackers or guacamole dip.

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References:

<sup>1</sup> Dietitians of Canada (2013), Healthy Snacks for Adults by EatRight Ontario and PEN.



## Healthy Snacks at Work

- Healthy snacking can be part of healthy eating. It is another way to help you get all the nutrients you need to stay healthy. If a 3 to 4 hour gap between meals leaves you feeling tired, snacking can help bring back your energy. It can also help curb your feeling of hunger between meals and stop you from eating too much at mealtimes. Remember, not everyone needs snacks. In fact, too much snacking could lead to unwanted weight gain.
- Keys to healthy snacking:
  - Choose the foods you snack on wisely.
  - Watch the portion size of the food you eat.
  - Snack to tide you over between meals, not to replace a meal.
  - Snack only when you are hungry. Learn to recognize true hunger and fullness.
  - Skip the urge to nibble when you are bored, tired, upset, or stressed. Try something else like stepping out for a quick walk or go to a drinking fountain or kitchen to refill your reusable water bottle with water.
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If you have questions about healthy food choices, speak with a Registered Dietitian at EatRight Ontario at 1-877-510-5102.

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Reference:

Dietitians of Canada (2013), Healthy Snacks for Adults by EatRight Ontario and PEN.

## **Caffeine Presenters' Notes**

This lesson is meant to be presented in addition to one of the other workplace approved topics, unless a very short presentation is requested.

This lesson focuses on the effects of caffeine on employees.

### **What is caffeine?** <sup>5</sup>

Caffeine is found naturally in over 60 plants such as coffee and cocoa beans, tea leaves, kola nut, yerba mate, and guarana. Coffee and tea are the main sources of caffeine for adults. Other products may have caffeine added, such as soft drinks, energy drinks, and some medications.

### **Interesting coffee and tea facts:**

- 88% of Canadians stated that they drink at least one cup of coffee in a typical day, with those coffee drinkers averaging 3.2 cups per day.<sup>1</sup>
- When not drinking coffee at home, the largest proportion of enthusiasts (43%) most often drink coffee at work or school.<sup>1</sup>
- Dark roast coffee has less caffeine than light roasted coffee. The longer the bean is in the roasting process, the more caffeine burns off.<sup>2</sup>
- Coffee was discovered through an African goat herder who noticed his goats jumping up and down after eating coffee berries.<sup>2</sup>
- If it wasn't for the Chinese Emperor Shen Nung's observation, tea would have been non-existent. In 2737 BC, a pleasant aroma caught the attention of his majesty. He realized that it came from a pot of boiling water into which a few tea leaves had fallen in by accident. Thus the first pot of tea was brewed.<sup>3</sup>

### **A survey of Canadians found that:** <sup>4</sup>

- Coffee accounted for almost all the caffeine that adults consume: 80.6%
- Tea and soft drinks made up 12.3% and 5.9%
- More than 20% of men and around 15% of women in the 31-70 age range consumed more than 400 mg per day of caffeine

### **How caffeine affects health:** <sup>5</sup>

- It is well known that caffeine makes us more alert.
- Some people are more sensitive to caffeine than others and may find caffeine causes restlessness, anxiety, nervousness, insomnia, or stomach upset.
- Right now, it appears that a moderate caffeine intake does not increase the risk of developing cardiovascular disease, osteoporosis, or cancer.
- Contrary to popular opinion, caffeinated drinks do not dehydrate us, especially if we are used to caffeine.

**If you drink caffeinated beverages, Health Canada provides the following guidelines for moderate caffeine intake:** <sup>6</sup>

- Healthy adults should consume no more than 400 mg of caffeine per day. Depending on the method of brewing, this would be found in about three 237 mL (8 oz) cups of coffee.
- Women who are planning to become pregnant, pregnant women, and breast feeding mothers should consume no more than 300 mg of caffeine per day. Depending on the method of brewing, this would be found in about two 237 mL (8 oz) cups of coffee.

**Reducing your caffeine intake:** <sup>5</sup>

- Many people who are used to having caffeine experience side effects like headaches and drowsiness when they suddenly stop taking it. Here are some tips to cut back slowly:
  - Mix your regular coffee with half decaffeinated coffee.
  - Try caffeine-free herbal teas.
  - Instead of brewed coffee, choose a latte or café-au-lait made with 2/3 low fat milk and 1/3 coffee.
  - Brew tea for less time.
  - If you tend to consume cola or other caffeine containing carbonated beverages, replace them with sparkling water or club soda with a squeeze of lemon.

**Activity 1:** Using the handout, “Check Your Caffeine Intake”, review caffeine content of common products to generate a discussion and see if audience wants to make any changes in their caffeine intake?

**Special Note:** If you receive questions from the audience about caffeinated energy drinks, please ask them to call EatRight Ontario (contact information is on the handout). It is not appropriate for CFAs to discuss the profile and effects of caffeinated energy drinks. These beverages contain a variety of ingredients and require the expertise of a Registered Dietitian.

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References:

<sup>1</sup> Ipsos Reid (2010), Canadians take their coffee seriously. Retrieved from <http://www.ipsos-na.com/news-polls/pressrelease.aspx?id=5016>.

<sup>2</sup> Van Houtte (2011), 10 Interesting facts about coffee. Retrieved from <http://www.vanhoutte.com/en-ca/c-the-coffee-blog/c-est-la-vie/10-interesting-facts-about-coffee>

<sup>3</sup> ifood.tv (2009), Fun facts about tea. Retrieved from [http://www.ifood.tv/blog/fun\\_facts\\_about\\_tea#LuJeAmlqBL7EQ1Hq.99](http://www.ifood.tv/blog/fun_facts_about_tea#LuJeAmlqBL7EQ1Hq.99)

<sup>4</sup> Statistics Canada (2008), Beverage consumption of Canadian adults. Retrieved from <http://www5.statcan.gc.ca/bsolc/olc-cel/olc-cel?lang=eng&catno=82-003-X200800410716>

<sup>5</sup> Dietitians of Canada (2013), What is caffeine? Is it bad for my health? Retrieved from <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Caffeine/What-is-Caffeine.aspx>

<sup>6</sup> Health Canada, Food and Nutrition, Caffeine in Food (2012). Retrieved from <http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/food-caf-aliments-eng.php>



## Check Your Caffeine Intake

Using the chart below, estimate how much caffeine you are consuming in one day. Remember to consider the size of your beverage when comparing to the amounts of caffeine listed below.

Product	Milligrams of Caffeine (approximate values)	Amount of Caffeine You Consume in a Day
<b>Coffee</b>		
Brewed 237 mL (8 oz)	135	
Roasted and ground, percolated 237 mL (8 oz)	118	
Roasted and ground, filter drip 237 mL (8 oz)	179	
Roasted and ground, decaffeinated 237 mL (8 oz)	3	
Instant 237 mL (8 oz)	76 - 106	
Instant decaffeinated 237 mL (8 oz)	5	
<b>Tea</b>		
Average Blend 237 mL (8 oz)	43	
Green 237 mL (8 oz)	30	
Instant 237 mL (8 oz)	15	
Tea, leaf or bag 237 mL (8 oz)	50	
Decaffeinated tea 237 mL (8 oz)	0	
<b>Cola Beverages</b>		
Cola beverage, regular 355 mL (12 oz)	36-46	
Cola beverage, diet 355 mL (12 oz)	39-50	
<b>Cocoa Products</b>		
Chocolate milk 237 mL (8 oz)	8	
1 envelope hot-cocoa mix 237 mL (8 oz)	5	

If you drink caffeinated beverages, Health Canada provides the following guidelines for moderate caffeine intake:

- Healthy adults should consume no more than 400 mg of caffeine per day.
- Women who are planning to become pregnant, pregnant women, and breast feeding mothers should consume no more than 300 mg of caffeine per day.

How does your caffeine intake compare with Health Canada's guidelines for moderate caffeine intake?

If you are consuming less than Health Canada's guidelines for moderate caffeine intake – congratulations!

If you need to reduce your caffeine intake, here are some things you can try:

- Many people who are used to having caffeine experience side effects like headaches and drowsiness when they suddenly stop taking it. Here are some tips to cut back slowly:
  - Mix your regular coffee with half decaffeinated coffee.
  - Try caffeine-free herbal teas.
  - Instead of brewed coffee, choose a latte or café-au-lait made with 2/3 low fat milk and 1/3 coffee.
  - Brew tea for less time.
  - If you tend to consume cola or other caffeine containing carbonated beverages, replace them with sparkling water or club soda with a squeeze of lemon.

Note: Although beverages are the main source of caffeine, other foods and medications can contain caffeine. If you have questions about other foods, speak with a Registered Dietitian at EatRight Ontario at 1-877-510-5102. For questions about the caffeine content of medications, speak with your pharmacist.

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References:

Health Canada, Food and Nutrition, Caffeine in Food (2012). Retrieved from <http://www.hc-sc.gc.ca/fn-an/securit/addit/caf/food-caf-aliments-eng.php>

Dietitians of Canada (2013), What is caffeine? Is it bad for my health? Retrieved from <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Caffeine/What-is-Caffeine-.aspx>

## **Sodium**

Use material from the Healthy Eating Manual – Mini Lesson 2 – Healthy Eating the Low Sodium Way.

Where is the “Healthy Eating the Lower Sodium Way handout”??????

# Sodium Sense

## KNOW YOUR SODIUM FACTS

### Sodium is found in salt

- All types of salt are high in sodium.
- Kosher salt, sea salt, fleur de sel, gourmet salt and smoked salt all have about the same amount of sodium as table salt. They are not healthier choices.



Take steps to reduce the amount of sodium you eat. Small changes can make a big difference and help to keep you healthy!

### Cut the sodium, keep your health

#### LOWER SODIUM OPTIONS : CHOOSE MOST



- ✓ Fresh fruits and vegetables, unsalted popcorn or unsalted nuts



- ✓ Rice cooked in water or low sodium broth



- ✓ Sandwiches made with roasted meat or poultry, fresh or low sodium canned fish, eggs or natural peanut butter



- ✓ Fresh or dried herbs and spices, garlic, ginger, onion, vinegar, lemon and lime juice



#### HIGHER SODIUM OPTIONS : CHOOSE LEAST



- ✗ Chips, salted pretzels or other salty snacks



- ✗ Rice cooked in salty broth



- ✗ Sandwiches made with canned or deli meats or high sodium canned fish



- ✗ Salt, kosher salt, sea salt, fleur de sel, gourmet salt, smoked salt, celery salt, garlic salt or onion salt



# Sodium Sense

## KNOW YOUR SODIUM FACTS

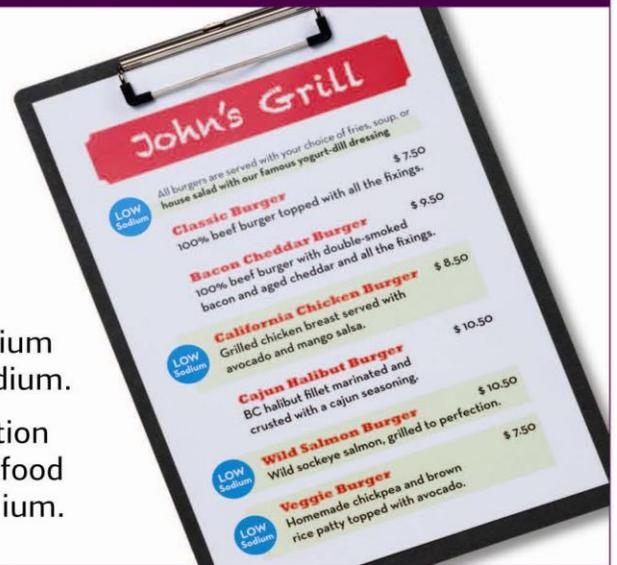
### Sodium Sense for Eating Out

Make healthy choices when eating out



#### MAKE LOWER SODIUM MENU CHOICES

- Order smaller portions or share with someone.
- Ask for gravy, sauces and salad dressings “on the side” and use only small amounts.
- Balance out your day. If you ate a higher sodium restaurant meal, eat a lower sodium meal at home.
- Ask for meals to be cooked without salt or monosodium glutamate (MSG), a seasoning that is very high in sodium.
- Many restaurants provide product nutrition information online. Look for the Informed Dining Program at the food establishments you visit. Choose foods with less sodium.



### Sodium Sense at Home

Prepare your own meals often, using little or no salt



#### EXPERIMENT WITH HEALTHY MEALS AND SNACKS

- Eat fewer packaged, ready-to-eat and take-out foods.
- Make your own soups, sauces and salad dressings. Find quick and easy recipes at [www.dietitians.ca/YourHealth](http://www.dietitians.ca/YourHealth)
- Use fresh, frozen or low sodium canned vegetables whenever possible.
- Taste food before adding salt.

